

## CLAIMS

### I Claim:

1. A composition comprising vitamin B12, vitamin B6, folic acid, magnesium, and vitamin E.
2. The composition of claim 1, wherein the magnesium is in an amount between about 50 mg and 350 mg.
3. The composition of claim 1, wherein the vitamin E is an amount less than 400 IU.
4. The composition of claim 1, wherein the vitamin E is in an amount between about 50 IU and 350 IU.
5. The composition of claim 1, wherein the folic acid is in an amount between about 0.8 mg and 5 mg.
6. The composition of claim 1, wherein the vitamin B12 is hydroxocobalamin.
7. The composition of claim 6, wherein the hydroxocobalamin is in an amount between about 300 mcg and 2000 mcg.
8. The composition of claim 1, wherein the vitamin B12 is cyanocobalamin.
9. The composition of claim 8, wherein the cyanocobalamin is in an amount between about 300 mcg and 2000 mcg.
10. The composition of claim 1, wherein the vitamin B12 is a mixture of cyanocobalamin and hydroxocobalamin.
11. The composition of claim 10, wherein the cyanocobalamin is in an amount of between about 300 mcg and 2000 mcg and the hydroxocobalamin is in an amount of between about 300 mcg and 2000 mcg, provided the amount of cyanocobalamin and the amount of hydroxocobalamin does not exceed 2000 mcg.
12. The composition of claim 1, wherein the vitamin B6 is in an amount of between about 10 mg and 100 mg.

13. The composition of claim 1, wherein magnesium is in an amount between about 50 mg and 350 mg, vitamin E is in an amount between about 50 IU and 400 IU, folic acid is in an amount between about 0.8 mg and 5 mg, vitamin B12 is in an amount between about 300 mcg and 2000 mcg, and vitamin B6 is in an amount between about 10 mg and 100 mg.
14. The composition of claim 1, wherein magnesium is in an amount of about 100 mg, vitamin E is in an amount of about 100 IU, folic acid is in an amount of about 2.05 mg, vitamin B12 is in an amount of about 500 mcg, and vitamin B6 is in an amount of about 25 mg.
15. The composition of claim 1 further comprising niacin.
16. The composition of claim 15, wherein the niacin is in an amount less than 250 mg.
17. The composition of claim 15, wherein the niacin is an amount of about 35 mg.
18. A method of treating or preventing a vascular disease or dementia in a human comprising administering to the human an amount of a composition comprising vitamin B12, vitamin B6, folic acid, magnesium and vitamin E, wherein the amount is effective to treat or prevent the vascular disease or the dementia in the human.
19. The method of claim 18, wherein the vitamin B12 is hydroxocobalamin.
20. The method of claim 18, wherein the vitamin B12 is cyanocobalamin.
21. The method of claim 18, wherein magnesium is in an amount between about 50 mg and 350 mg, vitamin E is in an amount between about 50 IU and 400 IU, folic acid is in an amount between about 0.8 mg and 5 mg, vitamin B12 is in an amount between about 300 mcg and 2000 mcg, and vitamin B6 is in an amount between about 10 mg and 100 mg.
22. The method of claim 18, wherein magnesium is in an amount of about 100 mg, vitamin E is in an amount of about 100 IU, folic acid is in an amount of about 2.05 mg, vitamin B12 is in an amount of about 500 mcg, and vitamin B6 is in an amount of about 25 mg.

23. The method of claim 18, wherein the composition further comprises niacin.
24. The method of claim 18, wherein the vascular disease is a cardiovascular disease, cerebrovascular disease, peripheral vascular disease, an atherosclerotic vascular disease or an arteriosclerotic vascular disease.
25. The method of claim 18, wherein the vascular disease is a cardiovascular disease.
26. A composition comprising hydroxocobalamin, vitamin B6, folic acid, magnesium, and vitamin E.
27. A method of treating or preventing a vascular disease or dementia in a human comprising administering to the human an amount of a composition comprising hydroxocobalamin, vitamin B6, folic acid, magnesium and vitamin E, wherein the amount is effective to treat or prevent the vascular disease or the dementia in the human.